

# — YOUR *signature* LIFE —

## MODULE 2

### LESSON 1

Welcome to Module 2! By now we've covered what it means to be distracted, what it means to be deliberate, the Four Archetypes of Deliberateness, how they all apply to you *and*, most importantly, your "why". Now, you can't begin working toward a goal if you don't know where you're starting from. In this lesson we look at how satisfied you currently are in the various areas—or buckets—of your life.

### **YOUR LIFE IN BUCKETS**

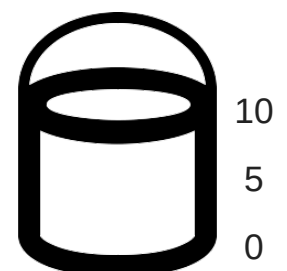
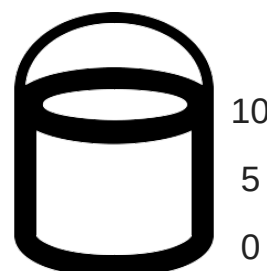
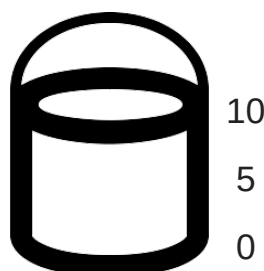
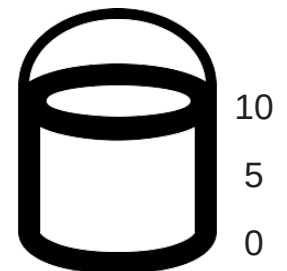
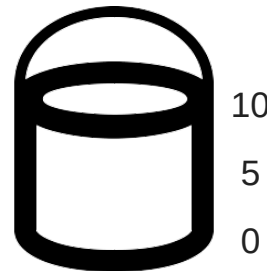
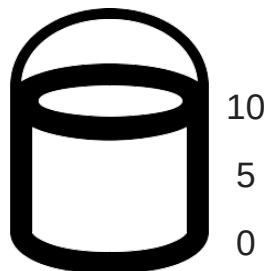
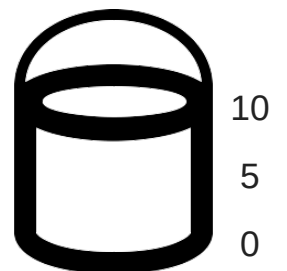
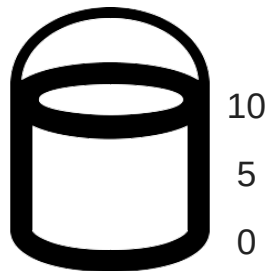
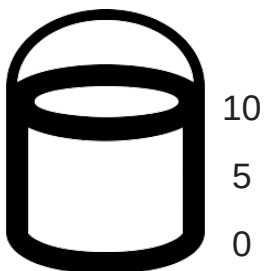
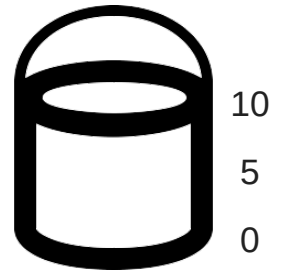
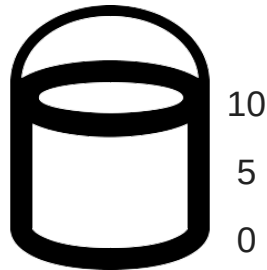
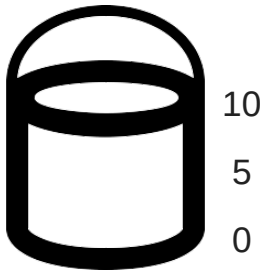
*Adapted from The Deliberate Effect*

1. Think of the different areas in your life. Some typical areas include work, social relationships, family relationships, personal growth, spirituality and/or religion, finances, health, leisure, romance, and your environment.
2. Use the buckets provided on the following page and label them according to the suggested categories above that resonate with you, including any other major areas of your life that you would consider "bucket-worthy". Don't be shy to label the extra buckets if you need to as well, keeping in mind that your buckets should represent broad categories.
3. Think about how satisfied you are with the area of life your bucket represents. Is it full, empty, halfway? Remember: this does not reflect the time, energy or effort you put into each area of your life, but represents how satisfied you are in them.
4. Draw a line of water in your bucket at the level of satisfaction you feel (0-10). 0 represents totally dissatisfied, 5 represents moderately satisfied, and 10 represents complete satisfaction.

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LESSON 1



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What surprises me about my buckets is...

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What *doesn't* surprise me about my buckets is...

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Actions I am taking to make my fuller buckets be that way include...

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Actions I am not taking to make my emptier buckets be that way include...

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The 3 most important buckets that I would like to focus on now include...

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NOTES

Dotted lines for writing notes.

